An Anatalic Study of Motor Fitness Components of Kho Kho and Kabbadi Players

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Abstract

Motor fitness among Kho-Kho and kabaddi players and the related performance consequences remains an important issue for physical education and sports professionals. Yet, less is known about the report motor fitness among kho –kho and Kabaddi players. This study examined differences between kho kho and kabaddi players in motor fitness components. Somo agility test for agility and 50 yard test for speed were administered as motor fitness tests to a random sample of 60 players selected for state level competitions from Shopian districts in 2015. T test of independence examined motor fitness differences between kho kho and kabaddi players which differentiated groups. Kho- kho players were found more fit in both the variables than the kabaddi players.

KEYWORDS:- Motor fitness, kho- Kho , Kabaddi.

INTRODUCTION: - Motor Fitness according to **Barrow (1968)** is "a readiness or preparedness with special regard for big muscle activity without undue fatigue". Although it's a single term, but to understand it and to work out, we need to concentrate on its components - Muscular Strength, Muscular Endurance, Muscular Power, Cardio-Vascular Endurance, Flexibility, Speed, Agility, Reaction Time. All these components can be realized by different body actions. In this manner the physique of a person especially Height and Body Weight plays very important role in his motor fitness status. The puberty phase of human life is found to be most productive one for developing base for different motor abilities. It is believed that motor fitness is trainable factor but the influence of one's physique and body composition seem to play a great role in its determination as achievement of high level performance is only possible in an individual with adequate genetic predisposition and under optimal environment condition. India is vast country with unique cultural, social, geographical, ethnic and climatic differences. The motor fitness of Indian male varies according to regional variations of the country. The B.M.I. also varies from one region to another which ultimately affects growth and development. Fleshman clarifies that the performance of various skills based on some specific motor abilities and multitude of motor performance factor affects an individual ability to perform specific sports skills. Abilities mean the power of mind. In other words we can say that they are same as motor capacity. Everybody has capacity or abilities within his/her limit. It goes beyond one's own ability and reaches to high performance. These positive and negative changes are dependent upon various pertaining factors

Methodology :-

Selection of Subjects: For the purpose of the present study, Sixty(N=60), Male state Level players of shopian district of Jammu and Kashmir between the age group of 16-19 years were selected. The subjects were purposively assigned into two groups: Group-A: Kho- Kho (n1=30): kabaddi (n1a=30)

Selection of Variables: A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria in mind, the following variables were selected for the present study:

Motor Fitness Components: Agility, and Speed,

Statistical Technique Employed: To determine the significant differences of motor fitness components between kho –kho and kabaddi players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

Results and Discussion

Results: The results of motor fitness components of kho-Kho and Kabaddi players are presented in the following tables and their interpretations are given accordingly. Graphical representation of each variable is also presented for mean comparison. Further discussion of finding is initiated for better understanding of results.

Table-1

Significant Differences in the Mean Scores of kabaddi and kho-kho players on the Variable Motor Fitness Components

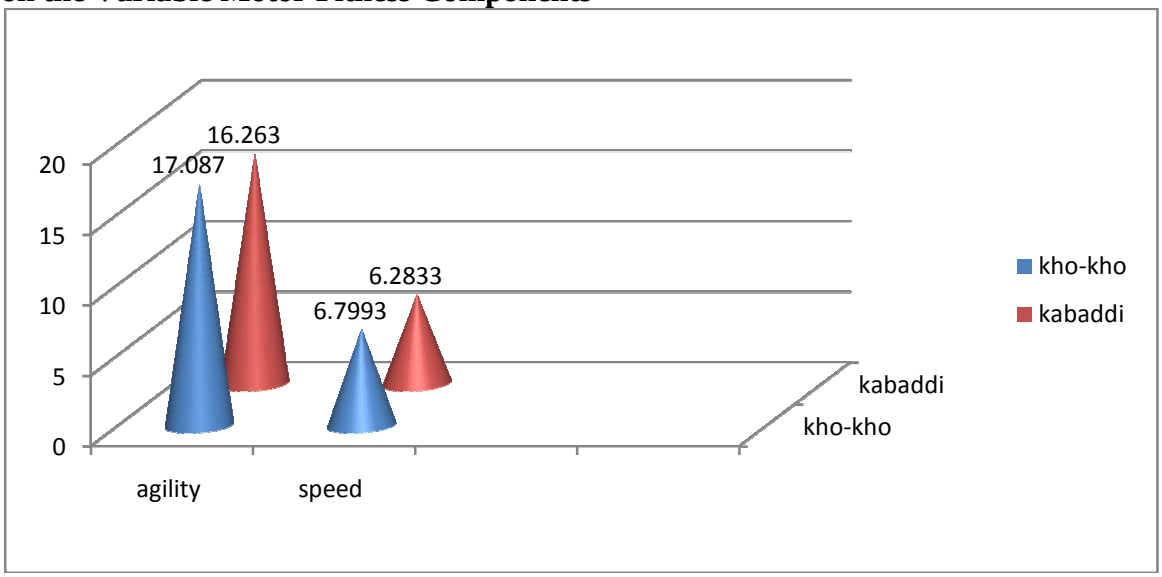
Variable	Mean		S.D		Mean Difference	t-value	p-value
	Kho-kho	kabaddi	Kho-Kho	Kabaddi			
Agility	17.0870	16.2630	1.44587	1.53191	.82400	2.145*	.036
Speed	6.7993	6.2833	.22938	..23798	.51600	8.551*	.000

Agility: A glance at table-1 shows the results of kho- kho and Kabaddi players with regard to motor fitness components. The descriptive statistics shows the Mean and SD values of kho- kho players on the variable of agility as 17.0870 and 1.44287 respectively. However, kabaddi players had mean and SD values as 16.2630 and 1.53191 respectively. The‘t’-value 2.145 as shown in the table above was found statistically significant (P<.05). It has been observed from the above results that kho –kho players have demonstrated significantly better on the variable agility than kabaddi players

Speed: The descriptive statistics shows the Mean and SD values of kho- kho on the variable of speed as 6.7993 and .22938 respectively. However, kabbadi players had Mean and SD values as 6.2833 and .23798 respectively. The‘t’-value 8.551 as shown in the table above was found statistically significant (P<.05). It has been observed from the above results that kho-kho players have demonstrated significantly better on the variable speed than the kabaddi players.

Figure-1

Graphical Representations in the Mean Scores of Kho-kho and Kabaddi Players on the Variable Motor Fitness Components



Discussion of Findings: The analysis highlighted that some sub variable of motor fitness components of Kho-Kho and Kabaddi players differ significantly. It is observed from the results of table- 1 that significant differences were found with regard to motor fitness components of kho-kho and Kabaddi players in the sub-variables; agility and speed. When compared to the mean values of both the groups, it has been found that kho- kho players have performed significantly better on agility and speed than their counterparts. The results of previous studies conducted on motor fitness components showed that higher level of motor fitness components i.e. speed and explosive strength give us the one up on our opponents. Saravanan and Singh found significant difference on the diurnal rhythm on speed among groups during different times of the day, while the diurnal rhythm on strength endurance differs among different groups.

Zajac compared the level of general motor abilities and special sport skills, selected anthropometric variables and indicators of aerobic and anaerobic power of elite white and black basketball players of the Polish Basketball League. They found that due to better level of fitness components, black athletes dominate in track and field and in the best league in the world (the NBA).

Conclusion

Based on the findings of this study, the following conclusions were drawn: To conclude, it is significant to mention in relation to Motor Fitness Components that the significant differences occur between kho -kho and kabaddi players on the sub variable Agility and Speed.

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